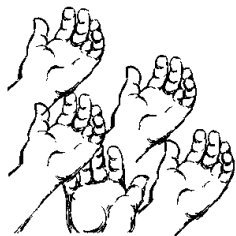


For Your Health

“The Ultimate Hand II” Workshop

Do your hands hurt? This workshop is for painful, stiff hands and fingers. Learn self-care techniques to manage hand pain and improve movement. This 4-week workshop will begin on May 6 and will meet on Tuesdays from 1:00-2:00 PM. Each session is \$19 (Members of Osteofitness \$15). Several sessions may be needed to experience the full benefits. Please bring your favorite lotion and remove as much jewelry as comfortable. Please register in advance by calling the COA at (781) 275-6825. *Beverley Ikier is the hand therapist for many of Boston's professional musicians, as well as students of music at BU's College of Fine Arts.*



Reading is for Everyone

The Perkins Braille and Talking Book Library provides audio and large print books as well as access to over 200 newspapers over the phone and audio Described DVDs containing movies and TV shows. The library is part of the federally funded National Library Service. On **Wednesday June 4 at 12:30 PM** Gayle Yarnall will demonstrate the free, easy to use digital player. Gayle will also include a discussion of using an iPad or iPhone App to download and read NLS books. *Gayle Yarnall is totally blind and has been a Talking Book Library patron for almost 50 years. She will show you how easy it is to keep reading your favorite books and magazines. Nothing can keep you connected with the world like reading.*



Trail Walks

Join Alissa for the first of our Trail Walk series! We'll kick things off by exploring one of Bedford's hidden gems, Fawn Lake Conservation Area. We'll explore our local flora and fauna while getting some fresh air and exercise! This will be a ½ -1 mile walk with some uneven ground. Please wear appropriate footwear. We will meet at the Fawn Lake parking area on Sweetwater Ave. on **Thursday May 22 at 1:00 PM**. Please call the COA at (781) 275-6825 to register by May 21.

Hypertension—Know Your Numbers!

Everybody needs to know their blood pressure numbers. An estimated 78 million adults in the U.S. have high blood pressure. Hypertension is considered to be a silent killer because someone that has high blood pressure may not show any symptoms. Understand how your medication works and learn how lifestyle modification can help you reach your treatment goal with less medication. Joyce Cheng, the Community Health Nurse of Bedford Board of Health will lead a discussion on Hypertension on **Thursday May 15 at 11 AM**. You will learn what you can do to maintain healthy blood pressure and reduce the long term damage of the disease.

The Many Faces of Fiber

Fiber goes by many names and it serves several purposes in our bodies. Peg Mikkola, RD, of Minuteman Senior Services will be at the Bedford Café on **Wednesday May 7 at 12:15 pm** to discuss the types of fiber, recommendations and sources of dietary fiber. Lunch is available prior to the talk at 11:45 AM by reservation only. Please call (781) 275-8542 to reserve a meal.

Bedford Council on Aging Services

In addition to the many educational and recreational programs offered, we offer a variety of services to older adults and their caregivers including:

- ◆ Senior service evaluation and coordination
- ◆ Senior-related crisis intervention
- ◆ Assistance in choosing housing, including assisted living and nursing facilities
- ◆ Transportation to medical appointments
- ◆ Help in obtaining public benefits
- ◆ Health benefits counseling
- ◆ Job placement through the Town and in the private sector
- ◆ Home Safety evaluations to identify potential fire, crime, falling, and other hazards
- ◆ Legal counseling by an attorney
- ◆ Tax preparation by AARP/IRS

Elder Services Coordinator, Wendy Aronson is available for consultation either in-person by appointment or by phone at (781) 275-6825. If you are a family member or caregiver of a senior, Wendy can help you access the information and resources that best suit your needs. Please do not hesitate to call!

Health Screenings

Podiatry Clinic: Friday, June 13

Dr. Bryant Tarr will be at the COA from 8-11 AM. Please call to let us know you are coming. The cost is \$25 for each treatment.

Nurse's Hours: Friday, May 9 and Monday May 19

Community Health Nurse, Joyce Cheng will be at the COA at 1:00 PM to take your blood pressure and to provide individual consultation for any health questions you may have. She will meet with people on a “first come, first served” basis.

SHINE Health Benefits Help! SHINE counselors from Minuteman Senior Services will be available **Tuesday May 13** beginning at 10:00 AM and **Wednesdays May 7 and 21** beginning at 2 PM. Call to make an appointment! If you cannot leave your home, they will call you.

Free Hearing Clinics: Rogers Hearing Solutions will be here on **Tuesday, May 13** at 9:30 AM. Joe Sarofeen of Apex Hearing will be here on **Thursday, May 15** from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

What You Need To Know

Living With Windows 8 (or XP?)

With the advent of Microsoft dropping support and updates for Windows XP, many people still using that PC operating system are faced with understanding what that means for them. If the answer is to buy a new computer, the PC you buy (or have bought recently) will be using Windows 8 and other new Microsoft software products. On **Thursday, May 8 at 2:00 PM**, Leo Cierpial will explain your options and get you started in the right direction if you become a new Windows 8 user. There will also be an opportunity to sign up for individual help sessions. Send email to bcoacc@verizon.net if you have a question.

Choosing Peace of Mind and Control for the Long Term: Housing Options Wednesday May 14, 1:00 PM

Attorney Dale J. Tamburro in cooperation with the Bedford Senior Center, will present a seminar about Housing Options, Long Term Care Insurance, and Reverse Mortgages and Trusts for Seniors on May 14, 2014 with special guest speakers Scott Cohen, LUTC and Alex Gottfried, Reverse Mortgage Consultant. The presentation will begin at 1:00 PM at the Center, FREE of charge. Sign up at the Center is a MUST.

In addition to any questions you may have for the Speakers, they will also cover the following major topics during this session:

- Remaining Home or NOT?
 - Staying Home Benefits and Disadvantages Issues
 - Irrevocable Trust to Protect from Nursing Home and other Creditors
 - Reverse Mortgages in detail
 - Downsizing in General
 - Renting, children move in with you
 - Assisted Living Facilities or Continued Care Communities basics
 - Long Term Care Insurance: Home, Assisted Living and Nursing Home
 - Long Term Care Insurance and Life Insurance Hybrid
- And if we have time:
- Creative Asset Protection if you want to move in with someone else

Dale will also be offering three 45-minute individual consultations that day beginning at 9:00 AM. Please call the Council on Aging at (781) 275-6825 to register for the seminar or to make an individual appointment.

Managing Your Future Through Downsizing

Thursday May 8, 9:30-11:30 AM

Rightsizing the home is still one of the significant ways that people can stabilize their finances in retirement. Reducing maintenance costs and freeing up capital are very effective tools. This seminar sponsored by Lester Gardner, Coldwell Banker Residential Brokerage, will help provide you with some information to help you in the decision making process. Other presenters include a financial group, loan officer, and an attorney. Light refreshments will be served and coupons for some local vendors will be available. Please register by calling (781) 275-6825.

Underground Railroad Quilts: Code to Freedom

Secret messages in the form of quilt patterns helped slaves escape the bonds of captivity in the Southern states before and during the American Civil War. Slaves could not read or write; it was illegal to teach a slave to do so. Codes, therefore, were important to the slaves' existence and their route to freedom, which eventually became known as the Underground Railroad. Some forms of dance, spirituals, code words and phrases, and memorized symbols all allowed the slaves to communicate with each other on a level their white owners could not interpret. Lisa Honka, Community Sales Director from BrightView Concord River, and talented quilter Joan Lavasser will share with you some of the history and symbolism of the quilt patterns on **Wednesday May 14 at 10:00 AM**. Joan will have some of her quilts on hand to show. Please call (781) 275-6825 to register!

Mother's Day Breakfast at the Legion

American Legion Post #221 is sponsoring a Mother's Day Breakfast to be held at 357 The Great Road on Sunday, May 11 between 8 and 11 AM. Mothers eat free! Other adults pay \$5 and for children under 12 the charge is \$3. This event is for all Legion post members and all Bedford residents.



The Computer Corner

Computer Club A presentation on *Living with Windows 8 (or XP?)* will be held on **Thursday May 8** at 2:00 PM (See full description above).

Computer Drop-In All are welcome!!! Our friendly Computer Club volunteers will be here each Tuesday and Thursday afternoon at 2:00 to help those with questions about any aspect of computer use.

Get Answers by Email! Todd Crowley answers the computer questions of Bedford residents by email! Just email your question to AskToddC@yahoo.com.